

## Kolagen – bibliografia

1. Decreased Collagen Production in Chronologically Aged Skin. Roles of Age-Dependent Alteration in Fibroblast Function and Defective Mechanical Stimulation; James Varani,\* Michael K. Dame,\* Laure Rittie,† Suzanne E.G. Fligel,\* Sewon Kang,† Gary J. Fisher,† and John J. Voorhees†, *Am J Pathol.* 2006 Jun; 168(6): 1861–1868. doi: 10.2353/ajpath.2006.051302
2. Induction of collagen by estradiol: difference between sun-protected and photodamaged human skin in vivo. Rittié L, Kang S, Voorhees JJ, Fisher GJ. *Arch Dermatol.* 2008 Sep;144(9):1129-40. doi: 10.1001/archderm.144.9.1129. PMID: 18794456
3. A Dermonutrient Containing Special Collagen Peptides Improves Skin Structure and Function: A Randomized, Placebo-Controlled, Triple-Blind Trial Using Confocal Laser Scanning Microscopy on the Cosmetic Effects and Tolerance of a Drinkable Collagen Supplement; Sabrina Laing, Stephan Bielfeldt, Carolin Ehrenberg, and Klaus-Peter Wilhelm; *J Med Food* 23 (2) 2020, 147–152, Mary Ann Liebert, Inc., and Korean Society of Food Science and Nutrition, DOI: 10.1089/jmf.2019.0197
4. Collagen peptide supplementation in combination with resistance training improves body composition and increases muscle strength in elderly sarcopenic men: a randomised controlled trial; Denise Zdzieblik<sup>1</sup>, Steffen Oesser<sup>2</sup>, Manfred W. Baumstark<sup>3</sup>, Albert Gollhofer<sup>1</sup> and Daniel König<sup>1,3</sup>; *British Journal of Nutrition* (2015), 114, 1237–1245 doi:10.1017/S0007114515002810
5. Effects of Composite Supplement Containing Collagen Peptide and Ornithine on Skin Conditions and Plasma IGF-1 Levels—A Randomized, Double-Blind, Placebo-Controlled Trial; Naoki Ito \* , Shinobu Seki and Fumitaka Ueda; *Mar Drugs*, 2018 Dec 3;16(12):482. doi: 10.3390/md16120482.
6. Fore J. A review of skin and the effects of aging on skin structure and function. *Ostomy Wound Manag.* 2006;52:24–37.
7. König, D.; Oesser, S.; Scharla, S.; Zdzieblik, D.; Gollhofer, A. Specific collagen peptides improve bone mineral density and bone markers in postmenopausal women—A randomized controlled study. *Nutrients* 2018, 10.
8. Asserin, J.; Lati, E.; Shioya, T.; Prawitt, J. The effect of oral collagen peptide supplementation on skin moisture and the dermal collagen network: Evidence from an ex vivo model and randomized, placebo-controlled clinical trials. *J. Cosmet. Dermatol.* 2015, 14, 291–301.
9. Significant Amounts of Functional Collagen Peptides Can Be Incorporated in the Diet While Maintaining Indispensable Amino Acid Balance; Cristiana Paul <sup>1</sup>, Suzane Leser <sup>2</sup>, Steffen Oesser <sup>3</sup>; *Nutrients* 2019 May 15;11(5):1079. doi: 10.3390/nu11051079.
10. Published online 2019 Oct 17. doi: 10.3390/nu11102494
11. A Collagen Supplement Improves Skin Hydration, Elasticity, Roughness, and Density: Results of a Randomized, Placebo-Controlled, Blind Study, Liane Bolke,<sup>1</sup> Gerrit Schlippe,<sup>1</sup> Joachim Gerß,<sup>2</sup> and Werner Voss<sup>1</sup>, *Nutrients.* 2019 Oct; 11(10): 2494.
12. Published online 2019 Dec 17. doi: 10.3892/etm.2019.8342
13. Beneficial effects of food supplements based on hydrolyzed collagen for skin care (Review) Mihaela-Adi Lupu,<sup>1</sup> Gratiela Gradisteanu Pircalabioru,<sup>1,2</sup> Mariana-Carmen Chifiriuc,<sup>2</sup> Radu Albuлесcu,<sup>3,4</sup> and Cristiana Tanase<sup>3,5</sup>, *Exp Ther Med.* 2020 Jul; 20(1): 12–17, 12, published online 2019 Dec 17. doi: 10.3892/etm.2019.8342.
14. Daily consumption of the collagen supplement Pure Gold Collagen® reduces visible signs of aging, Maryam Borumand and Sara Sibilla, *Clin Interv Aging.* 2014; 9: 1747–1758, Published online 2014 Oct 13. doi: 10.2147/CIA.S65939.

